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USING & STORING

Extension Bulletin E-1703 (revised)

NONFAT DRY MILK

Nonfat dry milk is convenient to store, easy to measure, inexpensive, and easy to use. To get the most food value from your milk - store it right.

How to Store Nonfat Dry Milk

Store your powdered milk in a cool, dry place, in the original container.

Keep the box tightly closed to prevent the milk from becoming lumpy.

If properly stored, nonfat dry milk will remain fresh for several months.

Mixing the Milk

Use tap water to mix your nonfat dry milk. Use the proportions of water to powdered mix given in the package directions.

Once you have prepared the milk, store it in the refrigerator to keep it fresh and cold.

Pudding Mix

1-1/2 cups *sugar*

1-1/2 cups *corn starch*

7 cups *nonfat dry milk solids*

Combine ingredients thoroughly and store in covered container. To prepare pudding, use 3/4 cup pudding mix to 1-1/4 cup water. Add water gradually, stirring until smooth. Bring to a boil over medium heat. Add 1/4 teaspoon vanilla. *Makes 3-4 Serving*

Using Nonfat Dry Milk

As a beverage:

Mix up your milk a day ahead so it will be good and cold for drinking. Add a dash of nutmeg for flavor if desired.

or

Mix up your milk and add it to an equal amount of whole or 2% milk. This will improve the flavor and help cut down on the amount of fluid milk you need to buy.

In cooking:

Use premixed powdered milk in any recipe that calls for milk.

or

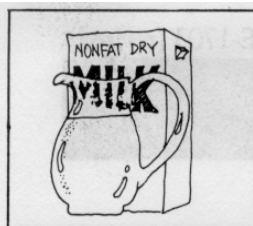
Add dry milk powder directly to the dry ingredients in a recipe (be sure to add the needed water to the liquid ingredients).

Why not use nonfat dry milk for:

- cocoa, milk shakes, or blender breakfast drinks.
- Puddings and custards.
- Sauces, gravies, or cream soups.
- Muffins, pancakes, or waffles.

Nonfat Dry Milk is Good for You

In powdered or liquid form, milk is a good source of protein and calcium. If you are on a special diet, remember nonfat milk is low in fat and cholesterol.



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Guidelines

To reconstitute dry milk, use the following proportions:

For Powder + water

1 cup skim
Milk 1/3 cup + 1 cup

1 quart
skim milk 1-1/3 + 3-3/4

One third cup dry milk powder has 90 calories. Reconstituted milk from dry milk powder will keep for 3 to 5 days in the refrigerator. If properly sealed, dry milk powder can be stored up to 6 months in a dry, cool area and up to 2 years in the refrigerator. To increase the nutritive value of recipes calling for milk, such as cream soups, sauces and puddings, increase the suggested amount of dry milk powder by 1-1/2 times. Use water in the normal amount

Meat Loaf

1 cup nonfat dry milk
1 cup break crumbs
1 pound ground beef
1 small onion, chopped
1 egg
1/4 cup catsup
dash of pepper

Mix all ingredients. Shape and place in loaf pan. Bake in oven at 350°F. For one hour.

Makes 6 to 8 Servings.

specified for liquid in the recipe. For example, if the recipe uses 1 cup milk, add 7 tablespoons dry milk powder and 1 cup water.

For a nutritional boost, dry milk powder may be added to many recipes not calling for milk. For example:

Food Item Add Milk Powder

Baked
beans Mix in 1/2 cup dry
Milk powder
before Baking

Ground
meat,
poultry,
And fish
loaves. Add 1/4 cup to 1 cup
Dry milk powder per
Pound of meat.

Cooked
milk cereals Add 1/4 cup dry
Powder per
serving of Cereal.
Use water According
to cereal Packaging
directions.

Do not boil mixtures with dry milk,
because slight curdling may occur.

Peanut Butter-Raisin Chews

1 cup peanut butter
1 cup corn syrup or honey
1 cup dry milk
1 cup raisins (optional, or nuts may
be substituted)
1/2 cup confectioner's (powdered) sugar
(Optional)

Mix corn syrup or honey and
peanut butter in a bowl. Add dry
milk, 1/4 cup powdered sugar, if
desired, and raisins. Mix well. Roll
into balls and chill. May be rolled in
remaining 1/4 cup powdered sugar
or in coconut or chopped nuts.
Store in refrigerator or may be
frozen These store best if wrapped
in small pieces of waxed paper or
plastic wrap. *Makes about 50 balls*